



GO FOR A WALK AND LIVE IT UP

NEW FITNESS PROGRAM OFFERED

LOOKING FOR A NEW WAY TO GET AND stay fit? Public Health and Parks and Recreation, with support from Prevention Minnesota, are introducing a new fitness program.

Studies have shown that walking with others can be more motivating than walking alone. The new program, On the Move Bloomington and Richfield, promotes the benefits of group fitness.

According to Parks and Recreation’s Randi Wallenberg, the new program will be a better alternative to the ShapeUp Challenge, which will no longer be offered. On the Move does not focus on competition, but allows individuals to help each other start a habit that can enhance the quality of their lives.

To participate, individuals form groups of 2 - 10 friends, family members

or coworkers and exercise together at least once a week. Groups must have at least two adults.

“The goal is to encourage each other to exercise most days of the week,” Public Health Specialist Joan Bulfer said. “Walking is one of the easiest exercises to fit in, but groups may also choose to bicycle, run, dance, swim or engage in other physical activities.”

During the six-month program, participants will receive incentives, including a neck wallet (for carrying keys or money), newsletters, motivational tips and a chance to participate in monthly drawings. Sign up with Parks and Recreation May 7 - 18 and begin walking by the end of May. The fee is \$5 per person. To register, call 952-563-8877.



WALKING:

- Is easy and fun.
 - Gives you more energy.
 - Makes you feel good.
 - Helps reduce stress.
 - Is great for the heart.
 - Helps you sleep better.
 - Tones your muscles.
 - Helps control your appetite.
 - Burns off extra calories.
- Check out Creekside’s walking programs. *See page 5.*

TENNIS

LESSONS

INDOOR TENNIS LESSONS FOR BEGINNER and intermediate players will be offered in collaboration with 98th Street Northwest Athletic Club.

When: Thursdays, May 10 - June 14; July 12 - August 16.
Times: *Beginners* 7 - 8 p.m.
Intermed. 8 - 9 p.m.
Where: 98th Street Northwest Athletic Club

To register or for more information, call Parks and Recreation.

LEAGUES

MEN’S, WOMEN’S, SENIORS’ AND CO-ED leagues are available. For more information, call Parks and Recreation.

VOLLEYBALL

SUMMER SAND WOMEN’S AND CO-REC LEAGUES

A GREAT WAY TO SPEND THE BEAUTIFUL summer evenings – exercise, competition and socializing – this program has it all.

When: Evenings, June 4 - August 16.
Where: Dred Scott Playfield, 10820 Bloomington Ferry Road.
Cost: \$260 per team.
Deadline: May 4.

DAYTIME

ENJOY VOLLEYBALL AT THE BLOOMINGTON National Guard Training Center, 3300 W. 98th St. Teams are formed each week.
When: Evenings, June 5 - August 17.
When: All year, Tuesdays and Thursdays.
Beginners 9 - 11 a.m.
Intermed. 11 a.m. - 1 p.m.
Cost: \$1.50 per session.

PARKS AND RECREATION IMPROVEMENTS

BASEBALL AND SOFTBALL FIELDS

A VARIETY OF BALL FIELD IMPROVEMENTS are planned for fall 2007. Enhancements will improve both safety and playability at Dred Scott and Valley View playfields, Kent Hrbek Youth fields and Smith Park. For more information, call Parks and Recreation.



FOR RENT

PARKS AND RECREATION MAKES summertime activities more convenient for you. Canoe racks and garden plots are available for rent. For more information, call 952-563-8877.

CANOE RACKS

When: May 1 - October 31.
Where: West Bush Lake.
Cost: \$60 + tax.

GARDEN PLOTS

When: May 1, 2007 - October 15.
Where: Park Avenue between 82nd and 83rd streets.
Cost: \$30 + tax.



CENTER FOR THE ARTS

LOCATED IN BLOOMINGTON CIVIC PLAZA AT THE CORNER OF WEST 98TH STREET AND OLD SHAKOPEE ROAD, the Center for the Arts is a first-class facility housing eight arts organizations. For facility information, call 952-563-8889. For exhibit information and events, call 952-563-8567.

SCHNEIDER THEATER

BLOOMINGTON CIVIC THEATRE

Funny Girl, one of the greatest love stories of the American musical theater, will be performed **April 27 - May 20**. For tickets, call 952-563-8575 or visit www.bloomingtoncivictheatre.org.

MEDALIST CONCERT BAND

Medalist Concert Band with conductor Jerry Luckhardt performs **Hands Across the Sea** on **Monday, May 21, 7:30 p.m.** Tickets are \$10 adults, \$8 students/seniors. For tickets, call 952-563-8575 or visit www.bloomingtoncivictheatre.org.

NOTE-ABLE SINGERS

The NOTE-able Singers perform Broadway favorites and classic pop tunes on Thursday, **May 31, 7:30 p.m.** For more information, call Judy at 952-831-1662 or Dawn at 952-881-4072.

EXHIBITIONS

BLOOMINGTON ART CENTER (BAC)

952-563-8587

INEZ GREENBERG GALLERY



Bookend, Photograph by Thomas Allen.

April 6 - May 11. Artists’ reception is Friday, April 6, 6 - 8 p.m.

Annual Members’ Juried Exhibition runs **May 25 - June 29**. Artists’ reception is Friday, June 1, 6 - 8 p.m.

Open Mike Poetry Night is a literary event that will be held **Thursday, April 26, 7:30 p.m.** Cost is a \$3 donation.

Double Take, featuring artists Thomas Allen, Kyle Fokken and Adam Ritchie, runs

GALLERY HOURS

Monday - Friday 8 a.m. - 10 p.m.
Saturday 9 a.m. - 5 p.m.
Sunday 1 p.m. - 10 p.m.

ATRIUM GALLERY, SECOND FLOOR

Intaglio! – An Educational Exhibition, featuring artist Todd Bridigum, runs through **May 6**.

Bloomington Public Elementary Schools Art Show runs **May 8 - 31**. Opening reception is Tuesday, May 8, 6 - 7:30 p.m.

CLASSROOM HALLWAY, SECOND FLOOR

Year of Cezanne trip exhibition, featuring works from an art education trip to France, runs through **May 4**.

SPRING ART SALE

Pottery, mosaics, artwork, jewelry and more will be for sale in the Schneider Theater Lobby **Thursday, April 26, 4 - 10 p.m., Friday, April 27, 9 a.m. - 10 p.m., Saturday, April 28, 9 a.m. - 10 p.m., and Sunday, April 29, 1 - 4 p.m.**

BLACK BOX THEATER

For tickets or more information, call 952-563-8587 or visit www.bloomingtonartcenter.com.

BAREFOOT IN THE PARK

Gallery Theater Company presents this Neil Simon comedy **Thursday - Saturday, April 12 - 28, 7:30 p.m., and Sunday, April 15 - 29, 2 p.m.** The April 28 performance is American Sign Language interpreted. Tickets are \$15 adults, \$12 seniors/students.



MONKEY MAGIC: CHINESE STORY THEATER

Nine Mile Creek Theater Company

presents this youth ensemble performance of a colorful collection of Chinese folk tales **Friday - Saturday, May 11 - 19, 7:30 p.m., and Sunday, May 20, 2 p.m.** Tickets are \$8.